

**DIET DIARY**

The purpose of this diet diary is to provide you and your naturopathic doctor with a record of your normal eating habits. Simply eat your typical diet for 7 days in succession and record it. List all food, drink, medications, supplements, ingredients and amounts in relative terms (e.g., 1 cup of carrots). Under energy, mood, BM, indicate your energy level, any mood swings, pain, fatigue, and list frequency and description of bowel movements (e.g., normal, hard, soft).

	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Breakfast</b> (Indicate time for each meal)							
<b>Lunch</b>							
<b>Dinner</b>							
<b>Snacks</b>							
<b>Energy Level/Mood BM</b>							